

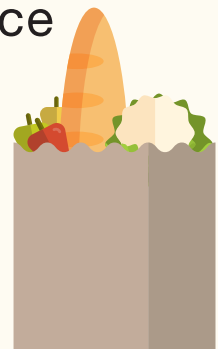
Here's something to chew on...

# your community meal program is waiting to serve you.



## benefits:

- ✓ Save time and money
- ✓ Get healthy food without the effort
- ✓ Learn about good nutrition
- ✓ Do less shopping and cooking
- ✓ Avoid missed meals
- ✓ Support your independence
- ✓ Socialize and have fun



*Available to anyone 60+*

**9 OUT OF 10**  
would  
recommend to  
a friend

Signing up is as easy as pie.

**ASK US HOW:**



To find programs in any community nationwide, use the Eldercare Locator.  
eldercare.acl.gov | 1-800-677-1116

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